

2024 RANGE SUSPENSION SETUP GUIDE

This suspension setup chart provides baseline settings to assist you in configuring your bike according to standard recommendations.

For optimal performance and safety, BMC strongly recommends having your suspension setup checked and adjusted by an authorized BMC retailer.

The air pressure settings indicated are starting point recommendations only. Actual settings may vary depending on factors such as bike model, rider weight, equipment, riding style, and terrain conditions.

Use these values as a guideline and fine-tune the suspension to achieve your preferred performance and comfort level.

For complete information, please refer to the shock manufacturer's owner's manual and setup instructions.

All measurements are given in millimeters (mm). Pressures are expressed in Pounds per Square Inch (PSI).

Bike specifications are subject to change without notice.

		FOURSTROKE 01 TEAM		FOURSTROKE 01 LTD		FOURSTROKE 01 ONE		FOURSTROKE 01 TWO		FOURSTROKE 01 Frameset		FOURSTROKE ONE		FOURSTROKE TWO		FOURSTROKE THREE		FOURSTROKE FOUR		FOURSTROKE LT LTD		FOURSTROKE LT ONE		FOURSTROKE LT TWO		FOURSTROKE AMP LT ONE		FOURSTROKE AMP LT TWO		FOURSTROKE AMP LT THREE	
SHOCK MODEL		Öhlins RXC34 Carbon	Öhlins TXC2 Air	Fox Float 34 SC Factory	Fox Float DPS EVOL LV Factory	RockShox SID Ultimate	RockShox SIDLUXE Ultimate	RockShox SID SL Select+	RockShox SIDLUXE Select+		Fox Float DPS EVOL LV Factory	RockShox SID SL Select+	RockShox SIDLUXE	Fox Float 34 Step-Cast Performance	Fox Float DPS Performance	RockShox SID SL Select	RockShox SIDLUXE Select+ 3P	RockShox SID SL RL	RockShox SIDLUXE	Fox Float 34 SC Factory	Fox Float DPS Factory	RockShox SID Select+	RockShox SIDLUXE Select+	RockShox SID Select 3P	RockShox SIDLUXE Select+ 3P	RockShox SID Select+ 3P	RockShox SIDLUXE Select+ 3P	RockShox SID Select+ 3P	RockShox SIDLUXE Select+ 3P	RockShox SID 3P	RockShox SIDLUXE Select+ 3P
SAG (% & mm)		15% - 18mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm		27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 20mm	27.5% - 12mm	15-20% - 21mm	27.5% - 12mm			27.5% - 12mm			27.5% - 11mm		27.5% - 11mm		27.5% - 11mm
STROKE			190x45		190x45		190x45		190x45		190x45		190x45		190x45		190x45		190x45		190x45		190x45		190x45		190x40		190x40		190x40
TRAVEL		120	100	110	100	110	100	110	100		100	110	100	110	100	110	100	110	100	120	120	120	120	120	120	120	120	120	120	120	120
RIDER WEIGHT		FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK		REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK	FRONT FORK	REAR SHOCK
KG	LBS	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI		PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI	PSI
50	110	63	71	59	92	55	71	63	71		92	63	71	59	92	63	71	63	71	57	130	44	117	44	117	54	132	54	132	54	132
55	121	68	81	65	99	66	81	72	81		99	72	81	65	99	72	81	72	81	63	143	51	127	51	127	61	143	61	143	61	143
60	132	72	91	71	106	76	91	81	91		106	81	91	71	106	81	91	81	91	68	155	59	137	59	137	69	155	69	155	69	155
65	143	77	101	76	113	87	101	89	101		113	89	101	76	113	89	101	89	101	74	168	66	148	66	148	76	166	76	166	76	166
70	154	81	111	82	120	97	111	98	111		120	98	111	82	120	98	111	98	111	80	180	73	158	73	158	83	177	83	177	83	177
75	165	86	121	88	127	108	121	107	121		127	107	121	88	127	107	121	107	121	85	193	81	168	81	168	91	189	91	189	91	189
80	176	90	130	94	134	119	130	115	130		134	115	130	94	134	115	130	115	130	91	205	88	178	88	178	98	200	98	200	98	200
85	187	95	140	100	141	129	140	124	140		141	124	140	100	141	124	140	124	140	97	218	96	189	96	189	106	212	106	212	106	212
90	198	99	150	106	148	140	150	133	150		148	133	150	106	148	133	150	133	150	102	230	103	199	103	199	113	223	113	223	113	223
95	209	104	160	112	155	150	160	141	160		155	141	160	112	155	141	160	141	160	108	243	110	209	110	209	120	235	120	235	120	235
100	220	108	170	118	162	161	170	150	170		162	150	170	118	162	150	170	150	170	114	255	118	219	118	219	128	246	128	246	128	246
105	231	113	179	123	169	172	179	159	179		169	159	179	123	169	159	179	159	179	119	268	125	229	125	229	135	258	135	258	135	258
110	243	117	189	129	176	182	189	167	189		176	167	189	129	176	167	189	167	189	125	280	133	240	133	240	143	269	143	269	143	269

Setup Procedure

Follow the steps below to correctly set up your suspension:

Set your saddle height.

Saddle height has a direct influence on suspension setup and rider balance.

Reset all damping adjustments.

Set both compression and rebound damping adjusters to zero (fully open position).

Adjust the front fork air spring.

Inflate the fork according to the fully equipped rider weight, following the reference values in the setup table.

Adjust the rear shock air spring.

Inflate the rear shock according to the fully equipped rider weight, following the reference values in the setup table.

Fine-tune damping adjustments.

Set rebound and compression damping according to the shock manufacturer's recommendations.

